

Signs of mild depression you should not ignore

People with mild, mild depression may not even realize they are depressed. The chronic sadness and depressed mood they experience may have been there for so long that they feel normal.

Mild depression includes symptoms such as irritability, sadness, and lack of motivation, but they are usually more subtle and less intense than major depression.



People **with mild** , mild depression may not even realize they are depressed. In fact, the chronic sadness and depressed mood they experience may have been there for so long that they feel normal. Here's **what to look for and how to overcome mild depression** .

Signs of mild depression

The term **mild depression** can refer to the severity of major depressive disorder, but is described as mild, moderate, or severe. It can also refer to chronic low-grade depression, which is a symptom of persistent depressive disorder (PDD), formerly known as chronic depressive disorder.

Signs and symptoms of mild depression include:

1. Changes in appetite or weight
2. Tired
3. Feelings of hopelessness, worthlessness, or guilt
4. Lack of joy or interest in things
5. Low energy and decreased motivation
6. Restless

7. Sad, tearful, crying often
8. Sleep disorders
9. Thinking about death or suicide
10. Difficulty concentrating, paying attention, and making decisions



Causes of mild depression

Similar to major depressive disorder, persistent depressive disorder is also thought to be a condition caused by a combination of genetic factors, biochemical imbalances, life stress, and environmental influences.

The exact cause of this disorder is unclear in most cases. However, people with mild depression often have other complicating factors, such as a chronic medical condition, mental disorder, or substance use.

In these cases, it is difficult to determine whether depression exists independently of the other condition. In addition, these comorbid conditions often create a vicious cycle, in which each condition makes the other more difficult to treat.

About 75% of people with mild depression will also experience a more severe depression. When this happens, it is often called " *double depression* ."

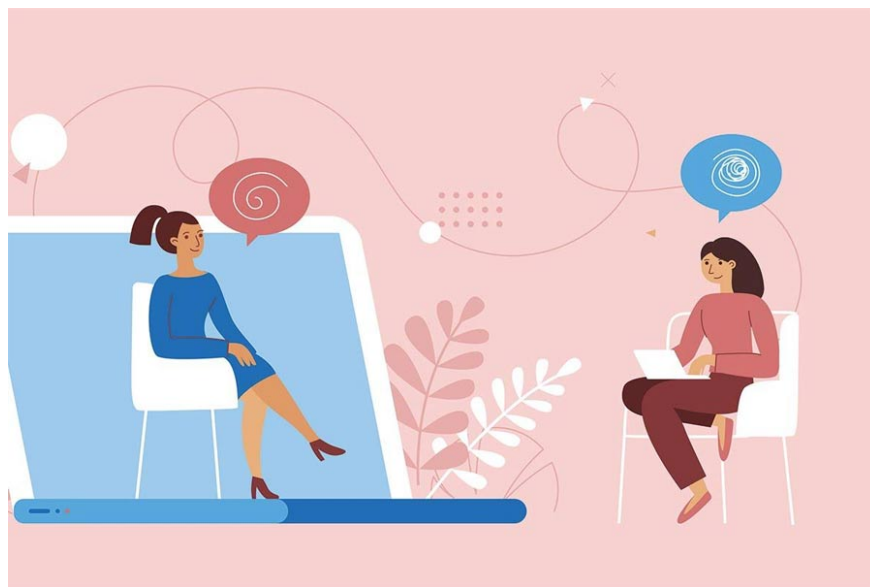
How to diagnose mild depression

Like other forms of depression, there are no blood tests or brain scans that can be used to diagnose major depressive disorder. Instead, doctors must rely on the signs they observe and any symptoms the patient reports.

With persistent depressive disorder, the doctor will need to determine whether the patient's symptoms have been present for a long time (at least two years for adults and one year for children). In addition, they will consider whether the severity of each symptom is milder than what the patient might experience with major depressive disorder.

Doctors will also use blood and urine tests to try to rule out underlying medical conditions, such as hypothyroidism, which can cause symptoms like chronic mild depression.

Other factors a doctor will consider when making a diagnosis include the patient's medical history, as well as whether anyone in their family has had depression.



Tips to help you overcome mild depression

1. Aim for 30 minutes of moderate exercise most days of the week, and add in vigorous exercise if possible. Research has shown that moderate aerobic exercise can be effective in treating depression.
2. Avoid alcohol and drugs
3. Make sure you are taking your medications properly. Tell your doctor about any supplements or herbs you are taking. Some medications and supplements can interact with medications your doctor may prescribe to treat depression.
4. Eat a varied and nutritious diet.
5. Find things you enjoy doing. Keeping yourself busy and engaging in rewarding activities can help improve your mood.
6. Get enough sleep and make sure you have a restful sleep environment. Taking steps to improve sleep can help reduce symptoms of depression.
7. Seek out friends who are positive, supportive, and show concern for you, which can help lessen the negative effects of stress.

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